

Project WORTH

Sexuality Curriculum

For Middle- and High School



Project WORTH offers presentations to community groups, churches and schools. The following lists our recommended series of topics, learning objectives, and the curriculum source. Each topic is available separately, as well. Project WORTH is happy to work with agencies to select which presentations (and how many) are appropriate for their participants. Note that different Levels of the TOP Curriculum are designed for different ages and developmental stages.

1. Introduction and Self-Esteem

Objectives

- Develop ground rules for the group
- Share their personal strengths
- Learn why self esteem is so important, and how easily it can be damaged

Source: TOP Level I (4,10,11)

2. Healthy Relationships

Objectives

- Identify behaviors that make it easy or difficult to get to know new people and make friends
- Recognize qualities that make a friendship strong and those that can sabotage it
- Identify the pressures that one romantic partner can put on another when they are in a relationship

Source: TOP Level I (19), Level II (16), Level IV (18)

3. Peer Pressure

Objectives

- Identify and share experiences they have had with peer pressure
- Discuss the social pressures they experience as young adolescents

Source: TOP Level I (26), TOP Level II (22)

4. Media Influences

Objectives

- Analyze messages in popular media and determine if they are positive or negative
- Practice critiquing television programs and choosing between positive and negative influences

Source: TOP Level I (27), TOP Level II (21)

5. Communication/Assertiveness: 50 Ways to Say "No"

Objectives

- Learn what rights every person has when it comes to refusing requests
- Develop a list of ways to refuse a request
- Practice refusing requests

Source: TOP Level I (33), TOP Level II (28)

6. Reproductive Anatomy & Puberty

Objectives

- Identify and use correct terminology for both male and female reproductive systems
- Articulate the function of each body part
- Learn the sequence of physical changes that occurs during puberty

Source: TOP Level I (15,16)

7. Sexually Transmitted Diseases (including HIV/AIDS)

Objectives

- Increase knowledge of the common STDs
- Discuss the common symptoms of STDs
- Identify ways to avoid or decrease the chances of getting and spreading STDs

Source: TOP Level I (30), Project WORTH Facilitator Resource



8. Abstinence

Objectives

- Explore the reasons not to have sex
- Practice talking about sexual pressure and the limits they want to put on sexual behavior

Source: TOP Level I (29), TOP Level III (20)

9. Contraception [Offered only for appropriate audiences, with specific agency approval]

Objectives

- Understand that abstinence is the only method 100% effective in preventing pregnancy
- Gain factual knowledge about prescription and non-prescription methods of birth control
- Comprehend birth control effectiveness rates in terms of human use/reality rates
- Understand how to access family planning services

Source: TOP III (22), Project WORTH Facilitator Resource

10. Values & Goal-Setting

Objectives

- Identify their own values, and learn why they are important
- Practice setting goals and identifying possible barriers to achieving them
- Distinguish between short- and long-term goals

Source: TOP Level I (12, 34), TOP Level II (30), TOP Level III (31)

11. Responsible Decision Making (The 3 C's)

Objectives

- Understand how and why people make certain decisions
- Learn to consider choices and consequences when making important decisions

Source: TOP Level I (37), TOP Level II (33); TOP Level III (32)

Service-Learning Lessons

A. Making Changes

Objectives

- Name changes they would like to see in their community, school, or center
- Identify specific actions they could take to bring about changes

Source: TOP Level I (9)

B. Identifying Resources: What Can You Offer?

Objectives

- Become aware of the personal resources they have and can give to different components of their community

Source: TOP Level II (7)

C. What Our Community Needs: Community Survey

Objectives

- Identify and prioritize community problems.
- Determine what the community's adult citizens believe are its greatest problems.

Source: TOP Level II (9)

Source curricula:

- TOP: Changing Scenes, a Curriculum of the Teen Outreach Program, Cornerstone Consulting Group, Inc., 2001.
- Additional Facilitator Resources: Healthy Start/Project WORTH Community Education Curriculum, San Antonio Healthy Start, 2004.